

MENU PLANNER

August 2011

Menu - Week 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
08/01	08/02	08/03	08/04	08/05
Roasted Chicken Breast(4oz) w/ Mushroom Gravy Green Beans(1/2c) Carrots (1/2c) Roll (1) Sugar Free Jell-O	Hamburger Steak (1) w/ Onion Gravy Peas (1/2c) Mashed Potatoes(4oz) Fresh Fruit Wheat Bread	Beef Enchiladas (2) Picante Sauce (1) Pinto Beans (4oz) Green Beans (1/2c) Fresh Fruit	Chef Salad L/F Dressing Croutons Fruit Cocktail Saltine Crackers (4)	Pork Riblet (1) w/ BBQ Sauce Whole Kernel Corn (1/2c) Sauteed Cabbage (1/2c) Applesauce Cup Wheat Bread

Menu - Week 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
08/08	08/09	08/10	08/11	08/12
Swedish Meatballs (6) w/ Mushroom Sauce Buttered Egg Noodles (1/2c) California Blend Veg(1/2c) Fresh Fruit	Smoked Sausage(4oz) Ranch Style Beans(1/2c) German Potato Salad(1/2c) Fresh Fruit HB Bun	Chicken Strips (4oz) BBQ Sauce Cup(1) Broccoli (1/2c) Macaroni & Cheese (1/2c) Sugar Free Jell-O	Potato Crusted Pollock (4oz) Tartar Sauce (1) Mashed Potatoes (1/2c) Okra (1/2c) Fresh Fruit	Stuffed Ravioli w/ Meat Sauce (6oz) Mixed Vegetables (1/2c) Hot Spiced Peaches (1/2c) Green Salad (1/2c) L/F Dressing

Menu - Week 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
08/15	08/16	08/17	08/18	08/19
Salisbury Steak (4oz) w/ Brown Gravy Zucchini w/Tomatoes(1/2c) Diced Beets (1/2c) Fresh Fruit Roll (1)	Lemon Herbed Chicken Breast (4oz) Steamed Greens (1/2c) Yellow Squash (1/2c) Fresh Fruit Wheat Bread	Hot Dog (4oz) Mustard, Ketchup Glazed Carrots (1/2c) Tater Tots (1/2c) Sugar Free Jell-O HD Bun	BBQ Beef (4oz) Lima Beans (1/2c) Sauteed Cabbage (1/2c) Fresh Fruit Wheat HB Bun	Chili Mac Casserole (6oz) Peas (1/2c) Cauliflower (1/2c) Oatmeal Cookie



Funded through the Texas Department on Aging
Alamo Area Council of Governments

Approved By Selrico Services, Inc. _____

Approved By: _____
Signature

*All meals will include 8oz Milk or Calcium Fortified Juice.

MENU PLANNER

August 2011

Menu - Week 4

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

08/22

Chicken Fried Chicken
Breast (4oz)
w/ Cream Gravy
Broccoli (1/2c)
Mashed Potatoes (1/2c)
Fresh Fruit

08/23

Meatloaf (4oz)
Ketchup (1)
Succotash (1/2C)
Herb Rice (1/2c)
Fresh Fruit

08/24

Chicken Fajitas (4oz)
Picante Sauce (1)
Pinto Beans (1/2c)
Spanish Rice (1/2c)
Strawberry Applesauce
Cup
Tortilla (1)

08/25

BBQ Plate ½ Smoked
Sausage & Chicken (4oz)
Ranch Style Beans (1/2c)
Yellow Squash (1/2c)
Fresh Fruit
Wheat Bread

08/26

Veal Parmesan (4oz)
w/ Marinara Sauce
Egg Noodles (1/2c)
California Blend Veg (1/2c)
Spiced Pears (1/2c)

Menu - Week 5

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

08/29

Grilled Hamburger w/
Mushroom & Onion
Scalloped Potatoes (1/2c)
Broccoli (1/2c)
Wheat HB Bun
Fresh Fruit

08/30

Chicken Salad (4oz)
Lettuce, Tomato
Traditional Coleslaw (1/2c)
Applesauce (1/2c)
Wheat Bread (2)
Petite Carrots (1pkg)
FF Ranch Dressing (1)

08/31

Polish Sausage (4oz)
BBQ Baked Beans (1/2c)
Ketchup, Mustard
Tater Tots (1/2c)
Fresh Fruit
HD Bun

Menu - Week 6

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Signature

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